



# COMMUNITY CRIER

Lancaster Community Center | Lancaster Massachusetts

## OCTOBER, 2019



The Lancaster Community Center  
Invites you to an all ages  
Go For Life

### Family Fun Walk

& Free Party!

Free Hot Dog BBQ (For Walkers)  
Rota Spring Ice Cream Sundaes

October 5<sup>th</sup>

Also Visit

The Library Book Sale, The Garden Club Bulb Sale, and Horseshed Fair

◆ 11:00 Walk

◆ BBQ Following (12 ish)  
Awards and Sundaes to Follow



Short Course: For "Strollers" Longer Course for Striders.

First 25 registered get a special prize!

Family Friendly Leashed Dogs are encouraged.



Free Hot Dog BBQ, Turkey, Veggies and 'Real' Dogs  
And the best reward of all -

When you finish... if you are good :)  
Rota Ice Cream Sundae Fest for Walkers!

Thanks to MCOA and Go for Life for your grant!

## Halloween on the Green

October 31, 2019 5-8pm

Spooky Church, Haunted Horsesheds,

Photo Booth,

Live music in haunted gazebo,

At the Center

Grilled hot dogs and burgers

Thanks Friends of Lancaster Seniors

Trunk or Treat

Thanks Homesteaders 4-#



Jack-o-Lantern Contest—all ages

Prizes for different age groups

(drop off at Town Hall from 3:30 until 5:15)

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### STOP BY TODAY!

Lancaster Community Center  
701 Main Street, Suite 7  
(behind the War Memorials)

#### RECEPTION

978-733-4076

#### COMMUNITY SERVICES LIAISON

978-733-1249 ext 1109

#### DIRECTOR

978-733-1249 ext 1102

#### VAN RESERVATION

978-733-4076

#### VAN HOURS

Mon -Thurs 8:30am -3pm \*  
Office: Mon -Thurs 8:30am -1pm

### CENTER ACTIVITIES

- Pickleball | Ballroom dancing
- Yoga | Tai Chi
- Walking Group | Bingo
- Lunch Club | Meals | Trips
- Veteran Benefits | Well Clinics
- Transportation | SHINE
- Agency Referrals | Bridge
- Gardening | Mahjong | more!

# THOUGHTS FROM THE DIRECTOR

There is simply too much to include this month so I will be brief. We want you to join us for events, and classes. Life is more fun with neighbors and friends. We work hard to make sure we have events for everyone, and they will only continue if you join us. Some come get a card, scan in and let the fun begin! Hope to see you, Alix



## Lancaster

### Health & Wellness Fair

**FREE**

**October 2<sup>nd</sup>**

2:30 – 6:00 p.m.



**Lancaster Community Center**



### CREIGHTON

FLOOR COVERING INC.  
CARPET • TILE • LVP  
CERAMIC WALK-IN SHOWERS

DAN CREIGHTON

417 Bolton Rd.  
So. Lancaster, MA 01561

**(978) 365-5426**

creightonfloor@comcast.net



### Schloss Lock

RESIDENTIAL • COMMERCIAL

P.O. BOX 224, AYER, MA 01432

**Phone: 978-732-3374**

Email: schlosslocksmith@gmail.com

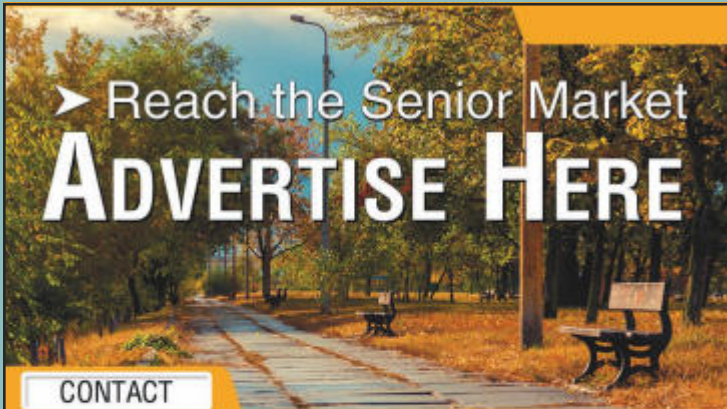
www.schlosslocksmith.com

### bank Hometown

131 Main St. | Unit 1  
Lancaster

**978-365-3352**

www.hometowncoop.com



➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Lisa Templeton to place an ad today!  
ltempleton@lpiseniors.com or (800) 477-4574 x6377

### TAG ADVISORY SERVICES

TRUST ADVISORY GROUP, LTD. • A REGISTERED INVESTMENT ADVISOR

**Stanley B. Starr, Jr. M Ed.**

STARR INVESTMENT SERVICES, INC.

President

34 Squire Shaler Lane, Lancaster, MA

**Tel: (978) 365-2494**

**sstarr@tag-ages.com**

Securities offered through Advisory Group Equity Services, Ltd.  
Member FINRA/SIPC/MSRB  
444 Washington Street, Suite 407, Woburn, MA (781) 933-6100



What did you use to love doing that you no longer do?

Call today to book your **FREE** Caregiver Consultation!  
**978-707-9977**





## The Lancaster Community Center (LCC)

*The all ages hub for community events.  
Nurturing the Body, the Mind, and the Soul*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us)

And on Facebook [www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)

Or call—978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

**Where:** The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

**What:** The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. The LCC is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

### IN ADDITION, THE CENTER OFFERS:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Aerobics, Ballroom Dancing, Pickleball as well as summer and winter sporting events.*
  - *Healthy Cooking Class Series and Nutrition classes*
  - *Arts and Crafts Classes and drop in Art Group*
    - *Community Garden Beds*
  - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
  - *Social Services support, SNAP, Fuel Assistance, Referrals*
  - *Nashoba Wellness Clinic, first Tuesday of the month*
- *Information series by guest speakers on topics relating to Lancaster*
  - *Field Trips*

## Rentals:

The LCC is available for rentals, Birthday Parties, Cookouts, Reunions, Meetings and more!

Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.

For more information contact Alexandra Turner, director at ext. 1103 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net) or visit the Lancaster website.



# NEVER MISS A NEWSLETTER !



Sign up to have our  
newsletter emailed to you at  
[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



MOC Elder Nutrition  
For Cancellations, please call:  
**(978) 733-4076**

**Group Dining Menu**  
**October 2019**  
**Menu is subject to change**

All meals include 1% milk  
\* Indicates higher sodium item (>500mg)  
Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chicken Drumstick 450 Red Bliss Potatoes 4 Broccoli 10 Multigrain Bread 164 Chocolate Chip Cookie 169 D: Choc Graham 95	<b>2</b> Split Pea Soup 96 Roast Pork w/Rosemary Gravy 156 Garlic Whip Potato 66 Italian Bread 230 Fresh Apple 1	<b>3</b> Chicken Corn Stew 265 Wheat Bread 170 Tossed Salad 5 Mandarin Oranges 7	<b>4</b>
<b>7</b> Swedish Meatballs 220 Egg Noodles 4 Scandinavian Veg 61 Marble Rye 127 Pineapple 1	<b>8</b> Lentil & Kale Soup 352 Grilled Chicken Cacciatore 426 Penne Pasta 1 WW Dinner Roll 105 Fresh Pear 1	<b>9</b> Beef & Pork Pie 297 Beef Gravy 85 Tossed Salad 5 WW Dinner Roll 105 CranOrange Loaf 120 D:ApplCin Grahams 85	<b>10</b> Butternut Bisque 149 Potato Pollock 373 Tartar Sc. 132 Au Gratin Potato 132 Wheat Bread 170 Spice Cake 245 D:1/2 Portion 123	<b>11</b> <b>LUNCH CLUB TRIP</b> <b>The Old Mill Westminster</b>
<b>14</b> 	<b>15</b> BBQ Pulled Pork 389 On a Bun 230 Baked Beans 152 Corn 1 Clementine 1	<b>16</b> Chicken Jambalaya 310 Brown Rice 5 Tossed Salad 5 Multigrain Bread 164 Mixed Fruit 5	<b>17</b> Mulligatawny Sp 153 Grilled Chicken In Supreme Sc 366 Red Bliss Potato 4 Wheat Bread 170 Almond Cookie 181 D:Lorna Doones 100	<b>18</b>
<b>21</b> Minestrone Soup 152 Haddock in Lemon Picatta Sauce 300 Spinach Orzo Pilaf 57 Multigrain Bread 164 Tropical Fruit 10	<b>22</b> Broccoli Bake 482 Home Fries 5 Tossed Salad 5 Italian Bread 230 Diced Peaches 5	<b>23</b> Veg Barley Soup 257 Chicken Drumstick 290 Chantilly Potatoes 238 Wheat Bread 170 Fresh Apple 1	<b>24 Special</b> Chicken Cordon 754 Blue in Gravy 28 Wild Rice Pilaf 140 Creamed Spinach 55 Dinner Roll 132 Chocolate Brownie 149 D:1/2 Brownie 75	<b>25</b>
<b>28</b> Beef Bolognese 223 w/Ziti 1 Genoa Blend Veg 45 Wheat Bread 170 Applesauce 0	<b>29</b> Autumn Harvest Sp 162 Mediterranean 197 Grilled Chicken 320 Cous cous w/Red Peppers 45 Multigrain Bread 164 Lemon Cake 215 Diet: 1/2 Portion Cake 107	<b>30</b> Turkey Tetrizzini 514 Egg Noodles 4 Tossed Salad 5 Dinner Roll 132 Fruit Yogurt 75	<b>31</b> Roast Pork w/AppleBerry Sauce 78 Cin Sw. Potatoes 33 Cauliflower 14 Wheat Bread 170 Diced Pears 5	Meals served with <u>1% MILK:</u> 110 calories 125mg sodium (included in totals)


**Menu Specifications:** Sodium amounts are listed next to each item individually & totaled below each day

Meals on Wheels provides this information for individuals interested in lowering their sodium intake.


Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, [awelch@mocinc.org](mailto:awelch@mocinc.org). To cancel a meal call (978) 345-8501 EXT 2

~To reduce the Sodium content of any meal save the Bread, Milk or Non-Fruit Dessert for the following meal or snack.~

~To reduce the Carbohydrate content of any meal save the Bread, Milk and/or Dessert for the following meal or snack.~



The Lancaster Senior Center supports the MOC Meals on Wheels program. If you are home-bound and need meals delivered, Call MOC at 978-345-8501 ext 2 and ask to be signed up for home delivered meals. Menu is essentially the same as the Congregate meals (above).



**Worcester Elder Services and WLEN Invite you to the Rainbow Lunch Club**  
**Every 2<sup>nd</sup> Wed. Noon**  
Unitarian Church, 90 Holden St. Worcester  
Questions or to RSVP 508-756- 1545

## The BackStage Gym is OPEN and FREE.

- ◆ All residents are welcome
- ◆ *Free Training available.*
  - ◆ No pressure!
- ◆ Commercial equipment  
Monday-Thursday  
8am-4pm\*

*\*or by appointment (we are looking for volunteers to have act as gym monitors evenings and weekends)*

**You must stop by Center Office and sign a Release Form before using the equipment**

## FREE WELLNESS CLINICS

Lancaster Community Center  
8-10 a.m. 1st and 4th Tuesdays

1st Tuesday : Nashoba Board of Health "  
4th Tuesday: VNA Care

Free services include health assessments (blood pressure, blood sugar, cardiopulmonary assessments, etc.), teaching (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

\* NO CLINIC OCT 1 DUE TO THE HEALTH FAIR



INDOOR PICKLEBALL RETURNS IN OCTOBER.

Sign ups required. See the LCC/COA Office.

Interested? Never heard of it? Pickleball is a fun, fast-paced *game for all ages*. Pickleball is a low impact racquet sport combining

badminton, tennis, and table tennis. It was created with one thing in mind: **fun!** It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. For more information check out this website: <http://www.usapa.org> or go to You tube for videos.. We have equipment too!

**ONLY \$3! BACK THIS FALL**

*See schedule at*

<https://www.ci.lancaster.ma.us/lancaster-community-center/pages/community-center-calendar>

## Chair Yoga

**TUESDAYS at 10:30 a.m.**

*Seniors \$5 per class or 6 classes for \$25*

*General public \$6 per class or 6 for \$30*

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We will start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit. Please let

## Hatha Yoga

Monday & Thursdays 11 a.m. Sat @ 9:30 am

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle Hatha yoga. All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

*Held on the Lower Level; we provide mats and water!*

*Monday and Saturday: \$5 per class or 6 classes for \$25  
Thursday: \$10 per class (two punches)*

## Lancaster's Keep Moving Walking Club



### OUTDOORS

WHEN: TUESDAY 9:00-10:00 A.M.

WHEN: THURSDAYS 9:00- 10:00 A.M.

Striders (Speedy) and Strollers (Slower) welcome!  
Come join us for pancakes and then work them off!

We provide water, and companionship for a safe walk on Lancaster's lovely byways.

*Get in shape, and get healthy.*

*Questions? Call us! 978-733-4076*

## Tai Chi and Quigong

Monday 9:30 am & Tuesday Evenings 5:45 pm  
Tai Chi uses gentle movements to reduce stress and improve health. "Tai Chi strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid"

*-Tai Chi Grandmaster Cheng Man-Ching 1947*

**Instructor: Jeff Cote**

\$5 per class or 6 classes for \$25  
*(Buy a card, no penalty for missed classes!)*

# OCTOBER ACTIVITY CALENDAR

## October 2019

September '19							November '19							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7							1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	17	18	19	20	21	22	23	
29	30						24	25	26	27	28	29	30	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>1</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	<b>2</b> Mah Jong 10-2 MOC Lunch 11:30  <b>HEALTH FAIR 2:30-6pm</b>	<b>3</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>4</b> Bridge 1:00-4:00  Van: Market Basket	<b>5</b>  Pickleball 8:00-1:30 Strength Class 8:30 Yoga 9:30
<b>7</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>8</b> Celebrity Guest Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	<b>9</b> Mah Jong 10-2 MOC Lunch 11:30	<b>10</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>11</b> Bridge 1:00-4:00  Van Lunch Group: The Old Mill  <b>Essex, CT TRIP!</b>	<b>12</b>  Pickleball 8:00-1:30 Strength Class 8:30 Yoga 9:30
<b>14</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>15</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	<b>16</b> Mah Jong 10-2 MOC Lunch 11:30  Wine and Dine at Forge & Vine	<b>17</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>18</b> Bridge 1:00-4:00  Van: Stow Food Pantry	<b>19</b>  Pickleball 8:00-1:30 Strength Class 8:30 Yoga 9:30
<b>21</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30 <b>RSVP AND DON'T MISS: 4-H Apple Crisp Ice Cream Social 12:30</b>	<b>22</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	<b>23</b> Mah Jong 10-2 MOC Lunch 11:30	<b>24</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>25</b> Bridge 1:00-4:00	<b>26</b>  Pickleball 8:00-1:30 Strength Class 8:30 Yoga 9:30
<b>28</b> Tai Chi 9:30 Yoga 11:00 MOC Lunch 11:30	<b>29</b> Pancake Breakfast 7:30 Walking Group 9:00 Chair Yoga 10:30 MOC Lunch 11:30 Bingo 1:00-3:00 Tai Chi 5:45	<b>30</b> Mah Jong 10-2 MOC Lunch 11:30	<b>31</b> Walking Group 9:00 Yoga 11:00 MOC Lunch 11:30 Ballroom Dance 6:00	<b>1</b> Bridge 1:00-4:00	<b>2</b>  Pickleball 8:00-1:30 Strength Class 8:30 Yoga 9:30

4

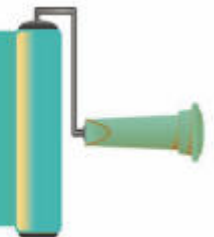
Notes

**BACKSTAGE GYM is open Monday through Friday, 8AM to 4PM.  
See page 9 for more pre-scheduled van shopping trips.**

Calendar Templates by Vertex42

<https://www.vertex42.com/calendars/>

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# MORE HEALTH & FITNESS & FUN



## What is your Communication Style?

An interactive Free Lunch and Learn Workshop for professionals, caregivers and the public.

October 25<sup>th</sup> 12:00-1:30 p.m., Lancaster Community Center

Learn tools to improve everyday communication, both socially and professionally.

BONUS Learn special skills to communicate with those with memory loss.

- Analyze and learn what is your communication style is.
- Raise awareness of body language cues. Goal is to learn your style
- Learn how to improve and create effective communication skills



## Get into Shape for Fall! *All ages.* **Strength and Weight Training**

SATURDAYS— Sept. 21-Oct 26— 6 week session  
8:30am-9:15am Limited space.

Get in shape for Fall with this SIX week class. . Strengthen your core, improve your flexibility, work on your balance while working out in air conditioned comfort with resistance training and weights. *All ages and abilities will benefit.* Lancaster Seniors (50 and over )  
*Series price \$30. \$45 for all others. Call to reserve. Limited space. 978-733-4076*



## *LEARN TO DANCE!*

We're back after a summer break!  
Thursday Evenings 6:00-7:00 p.m.  
Lancaster Community Center  
No Partner? No Problem!

### SCHEDULE

Vacation Sept 26  
Oct 3 waltz  
Oct 10 Waltz  
Oct 17 rumba  
Oct 24 rumba  
Oct 31 rumba

Learn from the best! Jim Cole has repeatedly been voted best and his students agree. A fun casual class for beginners and pros alike.

No partner, no problem! Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha, Salsa, Swing and more! All ages! Dress is casual.

*Please bring an extra pair of dry, clean shoes to change into.*

DROP IN for \$13 or buy a three week session for \$30! pp



# HEALTH & FITNESS

## Healing Conversations

A Support Group  
Are you grieving?

Please join us for Healing Conversations, a free adult bereavement support group series offered by Nashoba Nursing Services & Hospice. The programs are facilitated by Kathy Benson, LICSW and Lucia Camara. Registration is not required. For questions, contact 978-425-6675 or email [health@nashoba.org](mailto:health@nashoba.org).

*Some upcoming locations and times:*

- October 8, 5-6pm, Hazen Library, Shirley
- October 17, 10-11am, Hildreth House, Harvard
- October 21, 1:30-2:30pm, Eagle House, Lunenburg
- October 21, 3-4pm, Littleton Council on Aging
- November 5, 5-6pm, Hazen Library, Shirley
- November 18, 1:30-2:30pm, Eagle House, Lunenburg
- November 18, 3-4pm, Littleton Council on Aging
- December 3, 5-6pm, Hazen Library, Shirley
- December 16, 3-4pm, Littleton Council on Aging
- December 23, 1:30-2:30pm, Eagle House, Lunenburg

## Healing Garden Cancer Support Center

Thursdays, 3:30-5:00pm

October 10, 17, 24, 31 and November 7, 14

For more information and to register please contact:  
Brianna Carter—978-456-3532



**Nashoba Nursing Service & Hospice**  
**Nashoba Associated Boards of Health**  
Your COMMUNITY, Your CHOICE Since 1931

# FUN & GAMES

## AMERICAN MAHJONG LESSONS

**FREE! WEDNESDAYS 10:00 A.M.**

Keep your brain 'fresh and supple', play Mahjong!  
A great game played with 152 tiles, dealt in 'hands'.  
Fun people willing to help teach.



## BRIDGE ON FRIDAYS

**FRIDAYS 1:00-4:00**

Area residents are invited to join us for friendly bridge Friday afternoons. Don't play? Come watch and learn. There are lots of patient teachers here. Come to the Center for friendly bridge games with nice people and nice snacks, All free! Suitable for all levels, novice to pro. We provide the cards, teachers, and friends. Questions Call Jean at 978-273-2418



## BINGO

**EVERY TUESDAY FROM 1PM-3PM**

(Wed. and Fri. 1pm-3pm at Bigelow Gardens)

Everyone is welcome! Treats and fun!

25 cents per every three cards

Bring your quarters, odds are better than the lottery!



All activities are held at the Lancaster Community Center unless noted | Call 978-733-4076 with questions



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Invites you to an all ages

Go For Life

**Family Fun Walk**

**& Free Party!**

Free Hot Dog BBQ (For Walkers)

Rota Spring Ice Cream Sundaes

**October 5<sup>th</sup>**

Also With

*The Library Book Sale, The Garden Club Bulb Sale, and Horseshed Fair*

◆ 11:00 Walk

◆ BBQ Following (12 ish)

Awards and Sundaes to Follow

**Go4Life.**

Short Course: For 'Strollers' Longer Course for Striders.

*First 25 registered get a special prize!*

Family Friendly Leashed Dogs are encouraged.



Free Hot Dog BBQ, Turkey, Veggies and 'Real' Dogs

And the best reward of all -

When you finish... *if you are good!*)

*Rota Ice Cream Sundae Fest for Walkers!*

*Thanks to MCOA and Go for Life for your grant!*

## VETERANS SERVICES DEPARTMENT



Richard Voutour 1st SGT USMC RET— Veteran Services Officer  
Contact: rvoutour@leominster-ma.gov

Lancaster Office: 978-706-1754 ext 9 (Tues 0800-1200)  
Lancaster Community Center, 695 Main St, Lancaster, MA 01523 (behind the Library and War Memorials)

Leominster Office: Leominster Veterans Center, 100 West Street, Leominster, MA 01453. 978-534-7538

Lancaster Veteran Services provides the following: VA Healthcare applications, VA Disability Claim

- \* applications, VA Widow Pension
- \* applications, VA Widow/Survivor Benefit applications, VA Burial
- \* Benefits applications, VA Veteran Cemetery applications, VA Grave
- \* Markers/Symbols, State Veterans Benefits applications, Obtain
- \* Military discharge/cords, Obtain
- \* Military medals/decorations

## THAYER MEMORIAL LIBRARY 717 MAIN ST LANCASTER MA

A Back to School Place!

“MONDAY MOVIE MATINEES”  
CHECK THE LIBRARY WEBSITE FOR DETAILS

FREE MUSEUM PASSES:  
A GREAT WAY TO SPEND A HOT DAY

## RECREATION DEPT.

CHECK OUT THE RECREATION DEPARTMENTS WEB PAGE ON THE TOWN WEB SITE FOR ALL OF THEIR CURRENT AND UPCOMING PROGRAMS.

<http://ci.lancaster.ma.us/recreation>

Lancaster offers those over 60 and the disabled transportation services in conjunction with MART. In addition we run trips with private carriers and partner volunteers with those in need of transportation. Don't see what you need or want? Let us know and we will work on it.

## SHOPPING AND DINING\*\*

Reservations Required

\*\*Rides for medical appointments have first priority. Trips may fill up quickly or be cancelled if there are no reservations. So reserve early if interested!

ALL SCHEDULES SUBJECT TO CHANGE

### MONDAY

1 p.m. Clinton Shopping /Errands/Banking/Pharmacy/ Hannaford's  
\$1.00 plus 50c per additional stop

### TUESDAY

1:30 p.m. Clinton Shopping /Errands/Banking/Pharmacy/ Shaw's  
\$1.00 plus 50c per additional stop

4:30pm Starts October 1st -> WHEAT Café dinner; van reservation required, limited to 10.

### WEDNESDAYS

1 p.m. Leominster Shopping (destinations alternate): Water Tower Plaza, Dollar Tree, Orchard Hill Park .  
\$2.00 plus 50c per additional stop

### THURSDAYS

1 p.m. 117 Shopping - Walmart, Aldi's, Lowes, Restaurants  
\$2.00 plus 50c per additional stop

### 1ST FRIDAYS

9 a.m. Whitney Field Mall. Market Basket Return 1 p.m. (or 12 for Sue's Kitchen)-e.g Mall stores, Market Basket, Restaurants \$2.00 plus 50c per additional stop

### 2ND FRIDAYS

Lunch Club—Van riders choose the place to go for lunch.

### 3RD FRIDAYS

8:15 a.m. Stow Food Pantry and Highland Commons : Market Basket Berlin/Hudson - return 1 p.m. \$2.00 plus 50c per additional stop

## LANCASTER MART VAN

Lancaster and MART provides transportation services for Lancaster residents for those (60+) and disabled residents.

### FEES & POLICIES

Office hours are Mon -Thurs 8:30am to 1pm.

Reservations: Call 978 733 4076

Please leave your request on our voicemail.

Messages will be returned next business day by noon.

At least 48 business hours' notice to reserve a ride.

\*We will try to honor your emergency but often can not.

Requests will be accepted in the order received.

Preference given to medical appointments.

Our Service Area: Lancaster, Clinton, Sterling, Bolton, Leominster, Fitchburg.

\$1 Clinton, all others \$2 (Multiple stops may be charged, call for details)

Service in town 50¢, per stop

Special Events will be priced according to the trip.



# TRIPS, EVENTS, & CLASSES



## Essex Ct. River Boat & Steam Train Trip October 17th.

This all day trip begins with a motor coach ride to a three course lunch at the famous *Griswold Inn*, in business since 1776. <https://griswoldinn.com/> Following lunch we take a scenic River Boat cruise and a Steam Train trip in and beside the scenic river in Essex Ct. <http://essexsteamtrain.com/>

All this for \$87 per person (includes gratuities for lunch and bus)! Limited to the first 35 people making their payment, so reserve now! 978-733-4076 or stop by the Senior Center (Monday thru Thursday, 9am-noon).



## 44th Annual Horseshed CRAFTS FAIR OCTOBER 5, 2019

FIRST CHURCH OF CHRIST,  
ON THE CHURCH GREEN, LANCASTER  
10:00 AM - 4:00 PM  
Info: 978-368-0731

## Friends of the Thayer Memorial Library— Annual Book Sale

- Fri. Oct. 4: 3 to 7 pm (Friends Members only)
- Sat. Oct. 5: 9 am to 4 pm
- Sun. Oct. 6: 12 to 4 pm

The sale includes Fiction, non-fiction, hardcover and paperback books. Also included in the sale are DVDs and Audio books. Members of the Friends have the opportunity to purchase items on the Friday prior to the main sale. Memberships will be available at the door.

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## WINE & DINE

Special Wednesdays Dinner s  
*Enjoy Food, Fun and Friends!*  
\$4 van fee\* plus food



- Oct 16—Forge & Vine in Groton-Sunset
- Nov 13—El Basha in Westborough-BYOB
- Dec 18—JP's and Tower Hill-Holiday Lights

Watch for more details as we approach each one. Some restaurants are BYOB. Van space is limited to ten (10).

## MORE TRIPS ! SAVE THE DATE:

Details in upcoming Issues:

**November 7<sup>th</sup>:** Boston Public Library, Tiffany Windows & shopping, eating.

**December 6<sup>th</sup>:** Freeport by Train and the LL Bean Northern Lights Festival Always a great trip! We take the van to board the Downeaster train in Haverhill.

\*\*\*\*\*

## LUNCHEON CLUB TRIPS:

Leave here around 11 a.m. for lunch with Friends. Space is limited to ten on the van  
RSVP to 978-733-4076

October 11: The Old Mill  
November 8: Val's  
December 13: Bull Run

## Special Events and Trip Policies:

**Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.**



POISON CONTROL  
PRESENTATION  
TUESDAY  
OCTOBER 29, 9AM

Community Center

## Regional Center for Poison Control

The Regional Center for Poison Control and Prevention is a nonprofit organization that provides assistance and expertise in the medical diagnosis, management, and prevention of poisonings. The presentation will discuss reasons as to why poisonings are the #1 injury death in the United States and ways to prevent poisonings from occurring. It will include safety tips on what to ask your doctor about medications, and precautions you can take around your household. Remember, an ounce of prevention is worth a pound of cure.



### *Did you know...*

that during the month of August, the LCC and SC were busy? How busy?

Well, 200 individuals signed in, attended an event or rode the van for a total of 1,659 times.

1,024 were appearances here at the LCC. 577 were van rides, and 31 were trips. Another 27 were volunteer activities.

In the office (and this is just the van reservation line) we received 321 calls, answered 125 of them directly (237 minutes total). 136 messages were left by callers on the line. We made 146 outgoing calls for a total of 215 minutes.

On top of that, we received 398 emails. Whew!

## Open Enrollment begins on October 15<sup>th</sup> -December 7th OPEN ENROLLMENT PRESENTATION WITH ED ROTH OCTOBER 22ND 9:30 A.M.

### *Apré Pancakes*

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. ***It's important to review your options EVERY year*** to make sure you have the plan that works best for you for next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

ADDITIONALLY STARTING THIS YEAR, WE ARE STRONGLY URGING ALL BENEFICIARIES, TO SIGN UP FOR A "MyMedicare Account". HAVING THIS ACCOUNT WILL ALLOW US TO ASSIST YOU MORE COMPREHENSIVELY WITH YOUR CHOICES FOR 2020. INFORMATION ON SIGNING UP IS AVAILABLE ON OUR WEBSITE [www.shinema.org](http://www.shinema.org). JUST CLICK ON THE **MYMEDI-CARE** LINK.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center (978-733-4076) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at [shinema.org](http://shinema.org)

## MORE UPDATES & RESOURCES

### Free Computer & Phone Help

Join Jon Roper *after Pancakes*

8:30am on - Drop in!

Jon will help with your laptop, or our computer iPad or phone.

Jon Roper is our hero!

**Tuesday mornings 8:30 a.m. (or by appointment)**

**Call 978 733 4076**



Lancaster has an emergency notification system (also known as Reverse 911). This system allows residents to receive neighborhood specific emergency notifications issued by the town's public safety agencies.

These can be sent to you by phone, e-mail and/or text message, all of which can be set up by you through an easy-to-use web page. To enroll in this free service go to the **CodeRED** Community Notification Enrollment page listed below. This data is held securely and is used only for the purpose of emergency notifications.

FOR ALERTS TO PHONE AND EMAIL

<https://public.coderedweb.com/cne/en-US/FIA940D55774>

FOR ALERTS TO A MOBILE DEVICE APP

<https://ecnetwork.com/codered-mobile-alert-app/>

*If you do not have access to a computer we can help you sign up at the Lancaster Community Center . [lancastercommunitycenter@gmail.com](mailto:lancastercommunitycenter@gmail.com)*



**TTHE FIX IS FREE  
AT THE REPAIR  
CAFÉ!**



Bolton Repair Café  
Nov 9 at 9 am - 1 pm  
Florence Sawyer School cafeteria.

Bring your broken items, missing parts, dull knives. We will try to fix it for you. Most items are welcome, but we specialize in clean mendable clothing, lamps, small appliances, computers and other electronics, bikes, toys, jewelry, outdoor power equipment (but not in the winter), and dull blades.

<http://www.boltonlocal.org/initiatives/repair-cafe>

In need?  
Got help!

Food pantry options

### WHEAT

NEW NUMBER!

508-370-4943

Call for extensions

### Village Church

South Lancaster

Thursday Evenings

6 pm-7 pm

Offering a wide variety of whole-some food

### Stow Food Pantry

335 Great Rd (Rt 117)

Stow, MA 01775

(978) 897-4230

**TRANSPORTATION ON 3rd**

**FRIDAY \$2, call to reserve**

Offering variety of fresh produce (seasonal), baked goods. You may choose from an assortment of meat products as well, and an ample supply of pantry items such as canned goods, pasta, rice etc.

### Caring is Sharing Thrift Shop & Food Bank

63 Plain St, Clinton, MA 01510

(978) 368-9990

### Home Resources

Need home goods?

Fuel, repairs?

Call:  
978-733-1249 x4

## Medical Equipment Loan Program

Crutches, canes, commodes, wheelchairs + some first aid, incontinence supplies, and more to loan. (978) 733 4076  
[aturner@lancasterma.net](mailto:aturner@lancasterma.net)

# AND, A FEW MORE THINGS OF INTEREST

**Recycle Your Reusables**  
 Annual Recycling Drop-off Day  
 Saturday, Oct 26, 2019 | 9am-2pm  
 Bemis Associates | One Bemis Way, Shirley MA

## Examples of Items Accepted

For Recycling	For Reuse <small>(Will be donated, quality matters)</small>	Vendor will decide <small>\$ = Fees may apply</small>
Styrofoam	household goods	electronics (\$)
batteries	wheelchairs, adaptive items	appliances (\$)
scrap metal	construction equipment	furniture
scrap wood	art/office supplies	clothes, linens, shoes
automotive tires	musical instruments	latex paint (\$)
dehumidifiers <small>(for residents of select towns only)</small>	bikes and accessories	mattresses/box springs (\$)
fire extinguishers	books, CDs, DVDs, video games	sporting goods

**And So Much More!**  
 See [tinyurl.com/RYR19list](http://tinyurl.com/RYR19list) for complete list.

### Open to Everyone

Donations of non-perishable food, cash, or checks for Loaves and Fishes are appreciated.

For more information or to volunteer:  
[Recycleyourreusables.wordpress.com](http://Recycleyourreusables.wordpress.com)  
 978-496-5839 [AyerRecycles@gmail.com](mailto:AyerRecycles@gmail.com)

## Halloween on the Green

October 31, 2019

5-8pm



- ♦ **Spooky Church, Haunted Horsesheds, Photo Booth,**
- ♦ **Live music in haunted gazebo,**
- ♦ **Grilled hot dogs and burgers.**
- ♦ **Trunk or Treat with Homesteaders 4-5**

Jack-o-Lantern Contest—all ages  
 Prizes for different age groups  
 (drop off at Town Hall from 3:30 until 5:15)

## Community News Brief From District Attorney

*Joseph D. Early, Jr*



### Quick Tips:

#### Preventing Housebreaks

- Always cancel your paper and have the post office hold your mail when away.
- Leave lights on a timer to go on and off at appropriate times.

#### Robocalls

Nothing is more annoying than running to answer the phone and realizing it's a robocall. But not only are they annoying, they're usually scams, trying to sell you something you don't need or trying to steal personal information.

While it is very difficult to stop all robocalls, the Federal Trade Commission has recently issued some tips to reduce calls:

#### On a landline:

- Install a call-blocking device
- Contact your carrier for other blocking services

#### On a mobile phone:

- Check for built-in features
- Install a call-blocking app
- Check with your carrier for other blocking services

#### On a VOIP - Voice Over Internet Protocol (usually through cable)

- Look for internet-based services
- Check with your carrier for other blocking service

**\*Remember there may be fees for some services and be sure to read all the privacy terms.**

**\*Also, do not push buttons or try to opt-out—this may actually increase the number of calls you receive.**

#### Equifax and Capitol One Data Breaches

As part of a settlement with the FTC, Equifax has agreed to provide cash payments or credit monitoring to the approximately 148 million people affected.

Go to [FTC.gov/Equifax](http://FTC.gov/Equifax)

or call 1-877-FTC-HELP (382-4357)

# CENTER INFORMATION

*You are invited*

## Apple Crisp Social

Thanks to  
Homesteaders Homeschool 4-H  
**October 21st at 12:30**

Come enjoy some homemade fresh  
Apple Crisp from the talented young  
chefs of the Homesteaders 4-H.  
Served by talented wait staff too!  
Games too.  
Join us for lunch at 11:30 but save  
room for the Crisp.

RSVP to 978-733-4076

## LANCASTER OUTREACH

NEED HELP AND NOT  
SURE WHERE TO  
TURN?

- ◆ Transportation
- ◆ Housing
- ◆ Food Stamps (SNAP)
- ◆ Fuel Assistance
- ◆ Health Insurance
- ◆ Budget and Taxes
- ◆ Fitness
- ◆ Caregiving Issues
- ◆ Friendly Visits



Contact: Alexandra Turner  
aturner@lancasterma.net  
978-733-1249 ext 4

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.


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YOUR FAMILY & HOME**

CALL NOW! 1-888-862-6429

**AUTHORIZED DEALER**



HOME SECURITY TEAM






# Friends of Lancaster Seniors, Inc.

## All Ages Pancake Breakfast Every Tuesday Morning!

7:30am - 9:00am

Donations Graciously Accepted!

\$3 is a suggested donation, but any donation is appreciated.



*Blueberry and plain pancakes, French toast, sausages, scrambled eggs, fruit, muffins, orange juice, coffee/tea/milk.*



### Qualified Charitable Distribution (QCD) - What is it?

Are you over 70 and 1/2 years old? Do you have an IRA from which you must take required distributions? Do you contribute to charity? Then consider a QCD this year.

With the increased Standard Deduction, many people can no longer take advantage of the charitable deduction on their taxes (which you can do only if you itemize deductions).

Want more information?

Contact your financial adviser or fund manager.

# amazonsmile

## You shop. Amazon gives.

Support the Friends by shopping at Amazon! When you use this link to do your shopping, Amazon donates a percentage to the Friends! Thank you!

<https://smile.amazon.com/ch/46-1483824>

To support the Friends, fill out the information below, and send it and your check (payable to Friends of the Lancaster Seniors, Inc.) to:

Friends of the Lancaster Seniors, Inc.

PO Box 173

Lancaster, MA 01523

For more information about the Friends, contact Jay Moody at 978-833-8429

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is my TAX DEDUCTIBLE contribution of \$\_\_\_\_\_ (you will receive a receipt).

Thank You for supporting Lancaster Seniors

<http://FriendsoftheLancasterSeniors.org>

### CELEBRITY PANCAKE SERVER!

CHIEF ED BURGWINKEL

OCTOBER 8

Lancaster Police Chief Ed Burgwinkel will be serving up the pancakes this month!



Make sure you are on your best behavior! Bring questions, compliments and your appetite. No tips needed!